



Astronaut Mae Jemison became the first African-American woman to enter space when she served on the crew of the Space Shuttle Endeavor in September 1992.

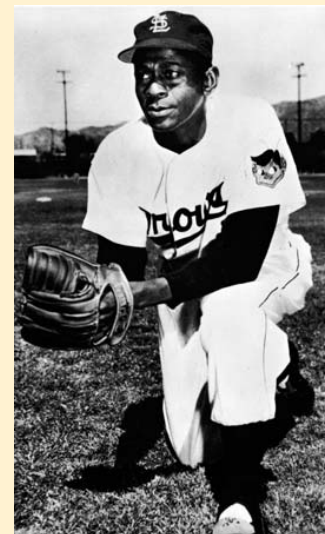
In 1770, Crispus Attucks became the first casualty of the American Revolution when he was shot and killed in what became known as the Boston Massacre.



Pulitzer Prize-winning author Alex Haley is best known for Roots (1976), his ancestral saga encompassing the entire African-American experience, and The Autobiography of Malcolm X (1965).



Satchel Paige pitched for six seasons in the majors and was the first star of the Negro leagues to be inducted (1971) into the Baseball Hall of Fame.



FEBRUARY 12 - MARCH 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

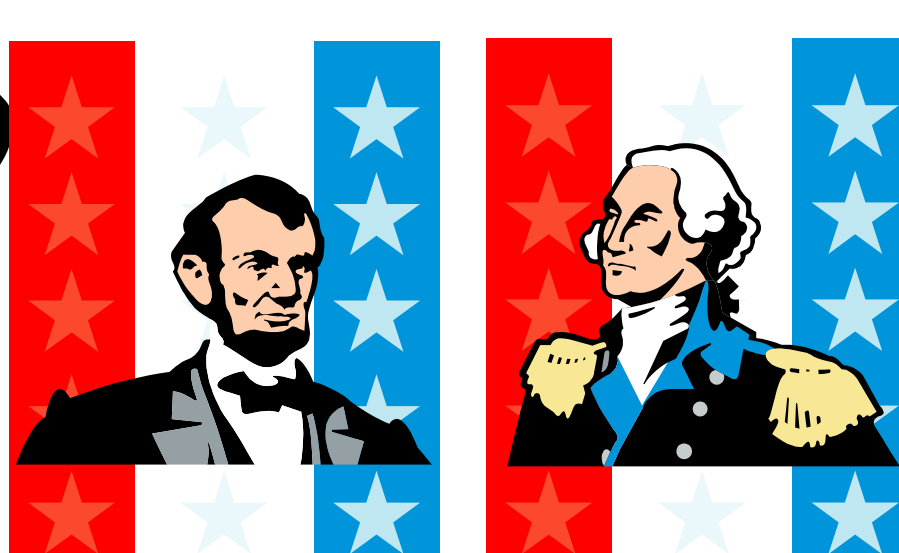
THE "HEALTHIER" ■ INDICATION ON ENTREES MEANS <350 CAL, 5 G SAT. FAT, ON SOUP, SALAD, SIDES MEANS <250 CAL, 5 G SAT. FAT, ON BAKED GOODS MEANS <230 CAL, 5 G FAT

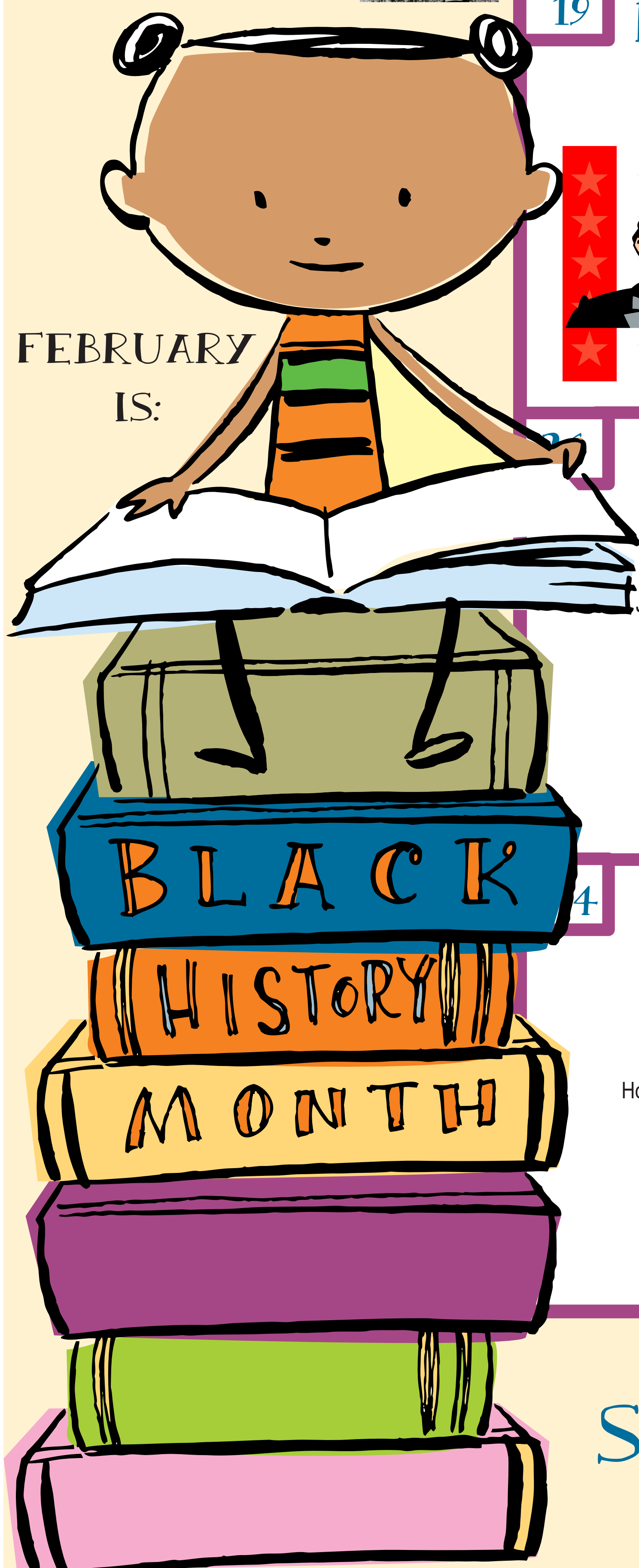
VEGETARIAN OPTION ▼
LOW FAT OPTION ♥
HEALTHIER OPTION ■



SALAD BAR AND FRESH FRUIT ALWAYS AVAILABLE FOR LUNCH/BRUNCH/DINNER.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE.

12	<p>Soup du Jour Grape Feta Salad ■</p> <p>Taco Bar Grilled Cheese Vegetarian Meat/Taco Bar ▼ Oven Baked Herb Fish ■</p> <p>Oven Roasted Green Beans Assorted Toppings Sour Cream/Cheese Sauce Jalapenos Shredded Lettuce/Tomatoes Black Olives Chocolate Cake Tea</p>	13	<p>Soup du Jour Dried Cranberry & Blue Cheese Salad ■</p> <p>Beef & Broccoli Vegetarian Beef Strips ▼ Chicken Veggie Wraps ■</p> <p>Sauteed Broccoli Jasmine Rice Ice Cream</p>	14	<p>Soup du Jour Chicken Caesar Salad</p> <p>Loaded Cheeseburger Beef or Turkey Vegetarian Chicken Nuggets ▼ Blackened Glazed Trout ■</p> <p>Parmesan Risotto Lettuce, Tomato, Onion, Pickles, Pork or Turkey Bacon Jalapenos, Banana Peppers French Fries Cookies Fruit Punch</p>	15	CHECK OUT	16	NO SCHOOL
19	<p>PRESIDENTS' DAY</p> 	20	<p>Soup du Jour</p> <p>Taco Tuesdays Beef Tacos Jamaican Chicken Patty Beyond Meat Tacos ♥ ▼ Herbed Baked Chicken ■</p> <p>Lettuce, Tomato, Onions Salsa, Cheese, Sour Cream Ice Cream</p>	21	<p>Soup du Jour Greens & Smoked Gouda Salad</p> <p>Orange Chicken Veggie Orange Chicken ♥ ▼ Grilled Orange Chicken Breast ■</p> <p>Garlic Sautéed Broccoli Fried Rice Spring Roll Chocolate Chip Cookies Lemonade</p>	22	<p>Soup du Jour Green Salad</p> <p>Slow Roasted Pot Roast Vegetarian Beef Strips ♥ ▼ Asian Noodle Bowl w/Veggies ■</p> <p>Roasted Brussel Sprouts Mashed Potatoes/Gravy Dinner Roll Oreo Pie</p>	23	CHECK OUT
27	<p>Soup du Jour</p> <p>Breakfast for Dinner Eggs, Bacon, Sausage Vegan Breakfast Bake ▼ Jus Eggs, Potatoes, Vegan Sausage Spinach Quiche</p> <p>Roasted Vegetables Cheese Grits Potatoes Buttered Waffle Cinnamon Roll Tea</p>	28	<p>Soup du Jour</p> <p>Baked Salmon w/Remoulade Fried Tofu ▼ Oven Roasted Chicken ■</p> <p>Oven Roasted Brussel Sprouts Macaroni & Cheese Ice Cream Cup</p>	29	<p>Soup du Jour</p> <p>Housemade Spaghetti Vegetarian Spaghetti w/Beyond Meat Sauce ▼ Tuna Fish Sub w/Sweet Potato Chips ■</p> <p>Caesar Salad Garlic Cheese Bread Lemon Cake Punch</p>	MAR 1	CHECK OUT		
4	<p>Soup du Jour Farmer's Salad</p> <p>Honey Garlic Pork Chops Honey Garlic Vegetarian Chicken ▼ Honey Garlic Chicken ■</p> <p>Oven Roasted Vegetables Herb Roasted Potatoes Rice Krispie Treat Juice Box</p>	5	<p>Soup du Jour</p> <p>Oven Roasted Sliced Turkey Eggplant Parmesan ▼ Blackened Salmon ■</p> <p>Sauteed Spinach Candied Yams Roasted Potatoes Dinner Roll Sweet Potato Pie Lemonade</p>	6	<p>Soup du Jour</p> <p>Fried Chicken Fried Tofu ▼ Grilled Chicken Breast</p> <p>Fresh Greens Scalloped Potatoes Cookies Flavored Water</p>	7	<p>Soup du Jour Spinach & Fruit Salad</p> <p>Pizza Bar Vegetarian Pizza ▼ Zucchini Patty</p> <p>Sauteed Vegetable Medley Mexican Street Corn Vanilla Cake Peach Tea</p>	8	CHECK OUT



SEED SCHOOL OF WASHINGTON DC DINNER MENU